

**ABSTRACT**

The present invention relates to a wrist apparatus for handling a bowling ball. The apparatus comprises a hand plate to which is affixed a strap controller which clamps the back of wrist to the hand plate efficiently by tightening the strap with fixed and rotating rollers placed on each side of the hand plate, respectively; a rotating angular mechanism which includes a projection placed on both top and bottom of the hand plate to allow the user to pre-select accurate angles of disposition between the hand plate and the wrist plate; an angular control gauge with a sill to make the angular control easy for moving upward and downward; and a fixed roller of wrist strap placed on both sides of the wrist plate where the hand plate is connected to; thus, enabling the user to adjust the wrist support to a comfortable position for both hands.